



13/14 September 2024



UK RECOVERY WALK AND CONFERENCE

LONDON 2024



PHOTO BY PHILL HEYWOOD

Thank you

FAVOR UK (Faces and Voices of Recovery UK) started life in 2009 with the primary aim of connecting people with living and lived experience of addictions to alcohol and other drugs.

We did this through our well-known and respected National Recovery Walks which have taken place in towns and cities across the UK and this year brings us to the UK capital city of London for our sixteenth walk.

The walks gave our communities the strength in numbers to walk together and be open about our experiences with substances, and to show wider communities that we were ordinary people – breaking down the stereotypes and stigma that normally surrounds us.

We officially registered as a charity in 2012, taking pains to recruit a board of trustees with their own lived experiences in order that the concept of ‘lived experience leadership’ remained at the heart of what we do. We recruited a CEO with the passion, drive and eloquence that we needed to spearhead what we wanted to achieve.

The important work we do at FAVOR UK is only possible thanks to you, our friends, family, members and sponsors.

Every year people generously donate their own money and take part in fundraising activities on our behalf. Whether you’re in recovery yourself, a recovery service provider, family or friends of someone in recovery, or simply want to help, there are many ways in which you can get involved and support our work. Please visit our website for more information.

Finally, the work the charity does would simply not be possible without the support and donations from our sponsors and funders shown opposite. Thank you for your continued and unwavering support.

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Live**

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**v-i-a**



WHO WE ARE

FAVOR UK is a UK-wide based charitable think tank and human rights advocacy service led by people with living and lived experience of alcohol and other drugs representing the voices of communities affected by addiction. We are a UK wide membership organisation with over 5,000 members. We are also a advocacy case worker service provider. We are led, developed, managed and sustained by lived experience professionals

WHAT WE DO

ADVOCATE

We provide the knowledge and tools required to ensure people are aware of their own rights and have the confidence to voice them.

CAMPAIGN

We challenge public policy in order to remove obstacles and promote equitable access to treatment systems and options.

CHALLENGE STIGMA

We call out stigma and promote equality for people with living and lived experience of alcohol and other drugs.

OUR AIMS

1

To save and improve the lives of people affected by alcohol and other drugs by providing a voice of conscience.

2

To encourage and promote a more balanced investment into treatment services by public bodies and other funders.

3

Increase society's understanding of the links between trauma and the use of alcohol and other drugs, promoting the values of patience and empathy.

4

To influence and shape public policy, removing the tokenism around the way that the voices of living and lived experiences are heard.

5

To celebrate and promote a culture of hope through the UK Recovery Walk, and inviting communities to walk with us through towns and cities across the UK.



Abbeycare
GROUP

The Abbeycare Group are one of the longest established treatment providers in the UK and over a period of almost twenty years have helped thousands of people begin a new life in active recovery. With clinics in Scotland and Gloucester, we treat people suffering with addiction and the problems associated with substance use and addictive behaviours and have a proven track record.

Abbeycare offer uncompromising treatment programs for detox and rehabilitation from addiction. Our programme is open to anybody aged 18 or older who is committed to seeking recovery.

01603 513091
www.abbeycare.co.uk





Annemarie Ward

Welcome to the UK Recovery Walk 2024 in the vibrant city of London! It is my distinct pleasure to join you all today, united in our mission of hope, resilience, and transformation. This year's walk, our 16th annual event, stands as a powerful testament to the collective strength of our recovery community. It showcases the incredible journeys of those beginning their path to recovery, celebrates those who have enjoyed many years of freedom from addiction, and honours the services and loved ones who have supported us every step of the way.

For me personally, this event is a sort of homecoming. It was here in London that I found my own recovery and spent the first three years building a solid foundation on which the rest of my recovery has been built. Therefore, this walk holds a very special place in my heart.

At Faces & Voices of Recovery UK (FAVOR UK), we stand as a beacon of hope for individuals and families affected by alcohol and other drug addictions. Our organisation is driven by the voices of those with living and lived experiences, advocating for a balanced and compassionate system that ensures equitable access to high-quality services for all, from harm reduction to abstinence.

Our Journey and Impact

Reflecting on the past year, we have all faced numerous challenges, from the ongoing cost of living crisis to the

alarming rates of drug and alcohol-related deaths. Yet, amidst these adversities, our community has demonstrated unparalleled resilience. The Dame Carol Black Review and the national drug strategy have brought much-needed funding to our sector, and FAVOR UK has been at the forefront, ensuring these resources are wisely invested to benefit those in need.

Our advocacy has led to significant milestones, including the Right to Recovery Bill in Scotland, which promises to guarantee access to necessary addiction treatment. This legislation is a groundbreaking step towards destigmatising addiction and integrating recovery services within the broader healthcare system.

Celebrating Recovery

Today, we celebrate recovery as a powerful and transformative force. The UK Recovery Walk is not just a march through Crystal Palace Park; it is a symbol of the hope and optimism that defines our community. Each step we take is a testament to the thousands who walk this path, proving that recovery is not only possible but thriving.

Looking Ahead

As we move forward, our commitment remains unwavering. We will continue to challenge policymakers, advocate for equitable access to services, and provide the necessary support and resources to those in need. Our work is only possible through the generosity of our sponsors, the dedication

of our volunteers, and the tireless efforts of our team.

One of the most inspiring developments on the horizon is the potential for groundbreaking legislation in Scotland with the Right to Recovery Bill. This bill aims to enshrine in law the right to access and choose from a range of treatments, from harm reduction interventions to recovery-oriented services. Such legislation would be a monumental step forward, ensuring that everyone has the legal right to the treatment they need, fostering an environment where recovery can flourish.

In closing, I extend my heartfelt thanks to everyone who has supported FAVOR UK. Your dedication and commitment are the driving forces behind our success. Together, we are making a tangible difference in the lives of individuals and families across the UK. Let us walk today with pride, hope, and the unwavering belief that recovery is possible for everyone.

Thank you for being part of this incredible journey.

Annemarie Ward

Chief Executive | Faces & Voices of Recovery UK



Welcome to London

Welcome to the UK Recovery Walk 2024 in London. This is the 16th annual recovery walk and the first time in London. It feels right that London should be added to the long list of host venues for the recovery walk, bringing the energy and focus on recovery to a truly global city.

The UK Recovery Walk 2024 is brought to you by FAVOR UK in collaboration with partners across the drug and alcohol sector including peer organisations, treatment providers, commissioners and wider partners.

We appreciate that London is an expensive place to visit, but we hope the event succeeds in promoting the power and connectivity of recovery and brings joy to those who attend or engage in other ways. As always, we hope the legacy of the recovery walk is a renewed focus on the positivity and long lasting benefits of visible recovery in the local communities across the city.

On behalf of all those involved in organising and delivering the UK Recovery Walk 2024, we hope the weather is kind and that you enjoy the day of celebration safely, make new friends and leave a lasting legacy to local communities.

Chris Lee
Head of UKRW2024 Steering Committee

Although there are only ten people in this photo, over fifty people have worked incredibly hard behind the scenes to make this event happen. Heartfelt thanks and appreciation go to:

Adelaide Mackenzie • Aisha Francis • Akthar Hussain • Alicia Rubin • Angela Heaney • Anne Jardine • Calliese Conner • Cassie Dyer • Charlotte Wakeford • Claire Bacon
Chris Lee • Dave O'Leary • Dawn Hooper-Haye • Dierdre Boyd • Elizabeth Odigie • Emily Pearson • Emma Gardner • Emma Stubbs • Gareth Samuel • Gaynor Eatwell
Georgina Sayers • Grace Connaughton • Grace Harland • Harry Feigen • Helen Thompson • Hussain Patel • James Hudson • Jane Robinson • Jon Elford • Joe Sheals
Joyti Bansal • Kathleen Ruby • Larry Uren • Lauren Phillips • Laurent Vernet • Lawren Thomasen • Lisa Luhman • Louise Hansford • Louise Joell • Michael Huck
Naetha Uren • Neil Moore • Oliver Standing • Rebecca Odedra • Remy Cullinan • Robert Lawson • Sally Benton • Shannon Dennett • Shaun Meenaghan • Shirley Riley
Sonia Mill • Stephen Campbell • Terry Heywood • Tony Mercer • Tony Mullaney • Winston Allamby • Woody Albrow

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Get Into Recovery offers comprehensive support through virtual rehab programs, coaching, and an array of online recovery focused resources.



www.getintorecovery.com



www.somertonlodge.co.uk

Experience tranquility at Somerton Lodge, our alcohol-free hotel on the Isle of Wight designed for relaxation and recovery.

Via Road-to-recovery

We're proud to be sponsoring the UK Recovery Walk 2024!

At Via, we provide caring and confidential drug and alcohol services that support people to live healthy, happy lives.

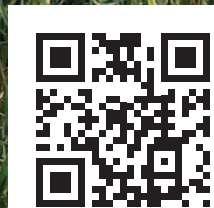
We're part of a journey and understand that everyone's journey is different.

If you're worried about your own or someone else's alcohol or drug use, we can help.

Find your local Via service at:

www.viaorg.uk

v-i-a  @ViaOrg_



WELCOME TO LONDON

Nothing prepares you for London. This great world city is far more than just the capital of the United Kingdom of Great Britain and Northern Ireland. London is bustling, vibrant, multicultural and cosmopolitan. London is both old and new, a place where the past rubs shoulders with the present. Its most ancient castle is right next door to its newest skyscrapers. London's energy, as 8.6 million people go about their everyday lives, is tangible in every journey on the Underground and every walk along the banks of the River Thames. From the palaces of shopping to the real Buckingham Palace, London really does have it all.

The history of what the Romans called Londinium dates back almost 2,000 years. This has always been a powerful place because of its position on the mighty River Thames, with easy access to the Thames estuary and to the ocean beyond. London's docks, now home to trendy apartments, were the key to its prosperity as the world's greatest trading city in the 19th century, at the very height of the British Empire. The grandest of the public buildings, such as the Foreign and Commonwealth Office, are relics of this time, with a splendour at odds with Britain's 21st century political status.

London always adapts, continually re-inventing itself to suit changing conditions. While international political dominance has long declined, London has been transformed into one of the world's leading financial centres and a cultural hub. London's history as centre of the British Empire is reflected in the extraordinary collections of the British Museum and the National Gallery, while trading finds its focus in the grand shops of Oxford Street, Covent Garden and Knightsbridge. In all, London has survived fires, riots and successive rulers to become the extraordinary place it is today. As even the most casual visitor will discover, London's history is constantly evolving.

Text with thanks to come-to-london.com





The Historic Crystal Palace Park

Joseph Paxton designed this enormous greenhouse-like building, which was constructed out of cast iron and plate glass. It served as the venue for the 1851 Great Exhibition, which was first displayed in Hyde Park before moving south to Sydenham.

This action came after a contentious discussion on the Palace's future at the conclusion of the temporary display. At this stage, a considerably larger redesign and reconstruction were undertaken, at a cost of an astounding £1,300,000. The redesigned version debuted in 1854 and was planned to have multiple exhibitions, concerts, and fireworks displays in addition to a Natural History Collection and several "Fine Art Courts" with lifelike reproductions of sculpture, architecture, and decorative arts from different historical periods and civilizations.

During the 1911 Festival of Empire, which took place in the park, all of the Commonwealth countries' parliament buildings were constructed to three-quarters size, along with an Australian vineyard, an Indian tea plantation, and a diamond mine in South Africa. To help guests get between the many locations, a small railway was constructed.

Sadly, on the evening of November 30, 1936, a large fire destroyed the Palace despite the efforts of 381 firefighters and 89 fire engines. The only remaining Palace structures were the two enormous water towers, which Isambard Kingdom Brunel

built to handle the enormous volume of water needed for the Palace's numerous water features. Later, during the Second World War, these were destroyed as it was thought that German aircraft might use them as landmarks. Several terraces, sphinxes, and statues, including the particularly striking headless one above, are just a few of the several other remnants that are still strewn across the park.

The life-sized replicas of the Crystal Palace Dinosaurs, created by Benjamin Waterhouse Hawkins and arranged around a lake in the southeast section of the park, are a very well-liked component of the attraction nowadays. These are the original dinosaur sculptures, which were presented in 1854 as part of the park's reconstruction. In actuality, several of them are extinct creatures rather than dinosaurs. On New Year's Eve in 1853, Hawkins hosted a meal for 21 guests inside one of the models, in typical Victorian fashion. Once, the models.

The Crystal Palace Park Trust was founded in 2016 with the intention of managing the park going forward. The Park Improvement Scheme included the restoration of the Grade II listed sphinxes. The Crystal Palace Park Trust reaffirmed its dedication to conserving and enriching the park's legacy in 2020 when it became a registered charity.

In order to manage and preserve the park in the best interests of the neighbourhood, the Trust obtained a lease for the Crystal Palace site on September 15, 2023.



AN ICONIC VENUE

The Crystal Palace Bowl is within Joseph Paxton's English Garden area of the park and is the site of the iconic Concert Platform, or "Rusty Laptop". Following the Crystal Palace Park Trust's community fundraising campaign, the much loved Platform is back in action.

Following the Trust's hugely successful #BackTheBowl community crowdfunding campaign, the generous support of the Mayor of London and funds secured by the Trust's commercial revenues, a new platform surface was installed in July 2022. Constructed with long-lasting, low-maintenance marine hardwood, it marks the end of the first phase of a project to revive Crystal Palace Bowl and sets the stage for many more wonderful performances and activities over the coming decades. The next phase aims to modernise the backstage area and improve access to the venue.

All of our stage performers on the day will be able to claim that they have performed on the same stage as some of the biggest names in music. Acts including Pink Floyd, Bob Marley, Elton John, The Beach Boys, Eric Clapton, Lou Reed, The Cure, Roxy Music, Santana, Melanie, Yes, Pixies, Joe Cocker, Curtis Mayfield, The Faces, Jimmy Cliff, James Taylor, Gil Scot Heron, Ian Dury, Elvis Costello, James, The Happy Mondays, Andy Williams, Desmond Dekker, Nigel Kennedy, Vera Lynn and many more have all performed at the Crystal Palace Bowl.

Photos:

Far Top Left: Bob Marley in 1980 (Image © Pete Still)

Far Bottom Left: The Beach Boys and Elton John in 1972 (Image © unknown)

Left: Jimmy Cliff in 1984 (Image © Masataka Ishida)

The Perks of Unblooming to Bloom again

When I turned twenty-five.
I emptied out my bank account.
Cause 'it was going to be any day now',
I Couldn't shake the feeling that I was running on borrowed time.
Overdrawn my overdraft...
Numb to that voice of reason in my head

I was surprised when my life saw twenty-five
From way before I could finish a sentence
I thought twenty-five would be the end of mine
I was tired of patience,
Tired of waiting
Tired of constantly hoping
For a miracle to somehow be understood.

To act freely
take a snapshot in time
And just enjoy the memory

instead, I see every action or inaction
as another burdened bar added to my brain cell,
Needing overanalysing,
Dissecting the minute details
Trying to examine the shoulda, woulda, coulda scenarios in my head,

as if pondering intensely can change the past,
At least I'm prepared for what to do
If that exact situation occurs again.
But it rarely ever does.

I guess this stems from my childhood,
when I was still unapologetically in my own head,
not a day was my mother bored
I get these randomly accessed memories
that although she was the central unit
to how I processed things,
she seemed way too happy to send me off
with no external logic to a system which broke me

Nursery.

There, they forced us into little societies
and I must've missed the software patch
The rule book on how to be a kid
as I preferred my own company,

A sunflower, growing towards the sun at its own pace,
Yet, the nursery craved the perfect bouquet
arranged us in petal chairs,
around a table, Forced to focus on milestones
that they deemed important

But I didn't fit,

they ignored the ignored until
my leaves grew faster than my flower
an attempt to hide behind,
before learning to bloom,

but to them,
it was undesirable behaviour
So, my confidence was cut,
and I was forced to flower
Ahead of my time

Gifted, they said.

But have you ever seen a sunflower grow, contorting
to the shadows?

Conforming to the walls
Flowers barely growing through
nipping new leaves at the bud,
a hangnail pull right down to the roots

I spent years observing,
studying the garden systemising the mutually
beneficial eco-system they created
but no amount of out-of-the-box thinking
or pattern recognition will allow me to become "One
of them."

And the best that I could do is use learnt behaviour
in an attempt to fit in,
I Mask my yellow petals in Goldilocks,
To secure a warm sense of false security,
Knowing full well that I am still different
and that mask I paint on
will almost always fail,
when it starts to rain

And I just can't seem to gauge the weather right.

I played this character,
chosen for me to survive this game,
which always seemed to somehow be rigged
in every which way to burden me.
From a "gifted kid"
with the world's twinkle in my eye
To a dysregulated sap of a man
Is a crowded pipeline that I share
With most undiagnosed Autistic Adults.

Society claims to celebrate individuality
but narrow are the confines they hold it in

"Be different", They say,
But only the type of difference that we accept
'different like us.'
"Follow the rules", They say,
But don't be so rigid,
~Give or Take~ 'the rules',
'bend the rules like us'

I don't get it,
Am I supposed to be different or conform,
follow the rules or break them?

Was this learnt at school?
While I was learning to survive?

And when did it become "Us" vs "Me"?

For clarity,
I gain some courage
to try to ask these questions
to a bored face that, I'm guessing, reads.
'Chill dude, Cowabunga and Kumbaya'
So, what is the point in asking questions
if it leaves me more confused,
and my mask of normalcy starts to slip
and is help, even help, if it doesn't help?

I can't help it,
Nod and go non-verbal and just observe
before all hope is lost

And then, I was introduced to chemicals,
get that first hit,
that first sip,
and then suddenly,
I start to fit.

but back to square one
when it starts to wear off
loneliness steps in to take hangovers' place
but my oh my
do I reminisce about last night
how I knew what to say,
at the right place,
at the right time,
last night,
on cloud nine.

High (Hi), how are you?
that dreaded small talk
couldn't get any easier

And what of 'self-stimulation'
have you heard of intracranial self-stimulation
When you're on drugs.
It's hand-flapping, finger-flicking, rocking, jumping,
spinning...
done all in your head.

so, I can use my body for 'normal' things,
like waving it in someone's face
or practising that gesture,
I saw someone do,
that received a great reception

I can receive a great reception, too
All I have to do
is dial this number,
receive and take the goods,
then I can join the 'US',

A halo of light around that green-tipped 'baggie'
the miracle I've been searching for
descending from 'Heavens' lab'.
To fix me,
Why be sober when I can be accepted?
Why be sober when I can be understood?

I think It's all good until six years later
I'm being understood in a darkened seventh-floor flat
somewhere somewhere of the river
with a needle sticking out of my arm
and I've reverted to my non-verbal self
and realise I don't want to be understood anymore
if being understood means being a shadow.

Suddenly, I'm twenty-five
and at Fifty-Two kilograms,
I'm practically halfway there

Use excessive amounts of
that miracle I found to find some peace.
Release

I wanted to die at twenty-Five
cause I decided that at Seven,
the world they wanted me to live in was too difficult.
And every interaction I'd had had proved it to be true.

If only they'd noticed when I stayed silent in class,
If only someone had asked why I always played alone,

If only my parents had seen my pain behind the
good grades,
If only I'd learned to love myself before seeking
escape,
If only someone had explained why I felt so different,
If only I could cope,
if only I had some strategies put into place,
if only I had support to turn to,
if only my questions were answered
if only the world fit me
If only I could've understood that I was understood
if only
if only
if only I had been diagnosed earlier
if only I could unbloom

so, I turn instead to pruning
self-soothing in prayers,
Hymns and hums of a greater plan

As I prune my affairs,
get myself in order
though the pain it hurts me,
the feeling of burden is no more

I assure the pruned parts of me
that the discarding of them
Is to make me more me
and less them,

If that makes me less tangible
then, Beautiful

Not once have I asked the pruned
Whether they bleed or sap,
Sat across from me
flesh in emotion
They try to tap
tap
tap,
Tap into my maple honey soul

Wanting to graft and grow with me.

But I'm not the Seven-year-old anymore,
Nor am I that Twenty-Five
Who drew his confidence
from belonging
Accepted
Understood
In places not made for me

And so, a sadness envelopes me.
Depression, leaves
once again overgrown,
hiding my unbloomed flower,
but this time, I let it,
embrace the warmth that hibernation brings

Intrusive Thoughts, like
'Have I pruned away too much?'
Shake me

But for this new bloom,
How much of myself am I willing to prune?
Will I lose essence or identity?
Will I wilt,
Lose leaves to my winter
Lose branches to my decay

But still, the 'Orange Sun' is ever coming
from 'Solar eclipses' to 'Evening sun'
My Sunflower is ever-growing

So, I will Unbloom,
Unlearn,
Learn,
and finally find joy in Blooming again

Written by Alicia

FAVOR UK Annual Conference

13 September 2024

Hinde Street Methodist Church, London, W1U 2QJ

DISRESPECT!

This years conference will explore three themes related to disrespect, addiction and recovery; **DISRESPECT** and stigma in addiction, **RESPECT** and self-care in recovery and **RESPECT** for others and being of service in recovery.

SCHEDULE

10.00am Welcome from Annemarie Ward

Disrespect and Stigma in Addiction

10.10am **Stigmatisation of people with alcohol use disorder**

Dr Aswin Dhanda (Associate Professor of Hepatology, University of Plymouth and Honorary Consultant Hepatologist, University Hospitals Plymouth NHS Trust)

10.40am **Stigma: a barrier to women accessing drug and alcohol treatment**

Sarah Page (Associate Professor, Staffordshire University) and Sophia Fedorowicz (Expert Citizens CIC)

11.10am **Expert by experience - Claudia**

11.25am **Recovery is Good for Business**

Naetha Uren (Founder and Director, Recovery Coach Academy)

11.55am **Coffee break**

Respect for self and self-care in recovery

12.20am **Hepatitis C testing and treatment in recovery**

Louise Hansford and Tony Mullaney (Hep C Elimination Coordinators, NHS Addictions Provider Alliance)

12.50am **Expert by experience - Dale**

1.05pm **Lunch**

Respect for others & being of service in recovery

2.05pm **Respecting Recovery and Challenging Stigma in the LERO environment**

Tim Sampey, Chief Executive, Build on Belief

2.35pm **Expert by experience - Dave**

2.50pm **Break**

3.15pm **Inclusive Recovery Cities**

Professor David Best (Director, Centre for Addiction Recovery Research, Leeds Trinity University)

3.45pm **Keynote Speech**
Dame Carol Black

4.15pm **Close**



Keynote Speaker - Dame Carol Black

Dame Carol Mary Black is a British physician, academic, specialising in rheumatology. She was President of the Royal College of Physicians from 2002 to 2006, advised the British Government on the relationship between work and health from 2006 to 2016, and was Principal of Newnham College, Cambridge from 2012 to 2019. She is an expert on the disease scleroderma. She has authored four independent reviews for the UK Government: of the health of the working age population in 2008 as National Director for Health and Work; of sickness absence in Britain in 2011 as co-chair; and of employment outcomes of addiction to drugs or alcohol, or obesity, in 2016; and of illicit drugs in England, Part 1 on supply and demand, and the market for drugs of which was published in February 2020, and Part 2 on prevention, treatment and recovery was published in 2021.



Professor David Best

Dr. David Best is Professor of Addiction Recovery at Leeds Trinity University, Honorary Professor of Regulation and Global Governance at The Australian National University and Adjunct Associate Professor of Addiction Science at Monash University (Melbourne). He is also chair of the Prisons Research Network of the British Society of Criminology. He is also an Affiliate Senior Scientist at the Public Health Institute in California and a founding member of the College of Lived Experience Recovery Organisations in the UK. Trained as a psychologist and criminologist, he has worked in practice, research and policy in the areas of addiction recovery and rehabilitation of offenders. He has authored or co-edited seven books on addiction recovery and desistance from offending, and has written more than 230 peer-reviewed journal publications and around 70 book chapters and technical reports.



Assoc. Professor Ashwin Dhanda

Dr Dhanda is an Associate Professor of Hepatology at the University of Plymouth and an Honorary Consultant Hepatologist at the South West Liver Unit at University Hospitals Plymouth NHS Trust. He has a clinical and academic interest in alcohol use disorder and alcohol-related liver disease. He is part of a national MRC-funded consortium aiming to reduce death from alcohol-related liver disease and leads a workstream to validate a novel bioassay to measure response to steroid therapy. He is also leading a qualitative study to understand patient experience after diagnosis with this condition. He was Chief Investigator for the MIRAGE trial testing a new type of psychological therapy to treat alcohol use disorder in people with liver disease. Some of his current work centres around the NIHR-funded ARMS-Hub partnership, a network of experts and people with lived experience of alcohol-related liver disease. Research priorities around dealing with stigma have been identified and work is ongoing to address these.



Assoc. Professor Sarah Page

Prior to working at Staffordshire University, Sarah Page worked in a strategic management role helping partnerships work more effectively together to tackle poverty, inequalities and crime related issues. Sarah currently researches predominately around alcohol, drug and gambling addiction from a shared learning and social justice perspective. She is an Associate Professor in Social Justice and Social Learning in the School of Health, Education, Policing and Social Sciences at Staffordshire University. Sarah continues to input into strategic partnerships through research to help with action plan forming and service development and design. She engages students in professional research projects under the umbrella of the Staffordshire University Crime and Society Group. Sarah also has practitioner experience of working within the Criminal Justice System with offenders (both young offenders and adult offenders) in a therapeutic capacity addressing addiction issues.



Naetha Uren RCPF

Naetha Uren is the Owner/Founder and CEO of Recovery Coach Academy (CCAR.UK) and Director of a Recovery Coach Community CIC. Naetha trains and supports Recovery Coaches in the UK and internationally to create a ripple effect to support individuals, organizations, and communities to positively promote recovery from addictions (substance use, alcohol, gambling, etc.) Naetha is the glue to 4 generations living under one roof: thriving in recovery. She works with her daughter, their combination of credible lived experience and professional skills, mean they provide a unique and valuable perspective along with a passion to educate and share Recovery Coaching. They have also created a community for Recovery Coaches where they provide opportunities to engage, enhance and elevate Recovery Coaching; and are now helping to establish Recovery Friendly Workplaces.



**Change
Grow
Live**



Dudley

I'd always wanted to make a change in my life. Through Change Grow Live I went to rehab. I stopped doubting the tools I had and began to believe in the advice I was given. I've grown so much since I recovered. My children have a father, my grandchildren have a grandad, my dad has a son. Since I've adapted to recovery it's incredible to know I can use all my life experience to give back in my own way to society. There is a life beyond addiction.



Craig

The greatest gift recovery has given me is my daughter back. I'll be there to watch her grow up and achieve her dreams.

While in prison, I worked with prisoners using drugs and made sure they met with the recovery nurse to get the help they needed. I really enjoyed the responsibility and trust given to me and started seeing myself for who I really am. Things look different for me since my release. I love talking to people and helping them. Last week I was part of the interview panel for a new Change Grow Live worker. The greatest gift recovery has given me is my daughter back...something I never thought possible just two years ago.

Believe in people

We know everyone's recovery is different – that's why we want to celebrate all of the people who have achieved their recovery goals through our services. Here are just a few of their stories.



To read more of our believe in people stories, scan the QR code or head to changegrowlive.org/stories



Change Grow Live supported me to attend my first group. I realised I was not alone and needed support. I am grateful for life, where before I didn't care.



Helen

I didn't think volunteering would be my way forward, but it turns out it was the best choice I ever made in my life. I've never been happier, I feel good, and that's enough. What people have done is show me I can be a decent human being. The things that are most important to me are my own change, my self-growth and development. If I've got that, I can go and do, and be, anything I want.



Richard



SPIRITUAL SERVICE

Hinde Street Methodist Church, London, W1U 2QJ
13 September 2024 - 6pm - 7pm

A service, organised by FAVOR UK to remember those we have lost to addiction, to pray for those in active addiction and to give thanks for those who have found recovery.

All are welcome.



CASTLE
HEALTH

Proud Sponsors of the FAVOR UK Recovery Walk

Castle Health is a leading provider of residential rehab, outpatient therapy and aftercare in the UK, Ireland and Sweden. Established in 1988 under Castle Craig in Scotland, we have helped thousands of people recover from addiction, one step at a time.

www.castlehealth.eu 0808 291 4592



Continuing the link between the Methodist Church, recovery from addiction and FAVOR UK

Deirdre Boyd summarises the important role Hinde Street Methodist Church has played in Recovery from Addiction.

The 2024 UK Recovery Walk's related conference continues links between the Methodist Church and people in recovery from addictive behaviours – and particularly Hinde Street's historic role.

Almost two centuries before Alcoholics Anonymous, John Wesley Methodist 'penitent bands' were held on Saturday nights as an alternative to 'alehouses'. In 2000 it recommended that all Methodists should "consider seriously the claims of total abstinence" and "make a personal commitment either to total abstinence or to responsible drinking". In between, London's Hinde Street Methodist Church long offered its rooms for people in recovery to hold 12-Step meetings.

Over three decades ago, Lord Mancroft and Tristan Millington-Drake attended one of these and approached the minister in charge, since ennobled as Lord Griffiths of Burry Port, about how best to forward people's recovery. In 1991, they founded the Addiction Recovery Foundation to educate healthcare professionals, politicians, other educators and more that recovery was possible and to disseminate information on how to do so.

Under these trustees and CEO Deirdre Boyd (currently a member of the UK Recovery Walk steering committee), the charity started to host the UKESAD conferences in 2004 – and at one of these Annemarie Ward gave her first public speech which inspired her to pioneer Faces and Voices of Recovery UK, of which she is CEO, and the UK Recovery Walk.



Headline case studies from the UK's first addiction advocacy service

Alex's Transformation

Alex, a young adult who was homeless and faced the challenges of cocaine and alcohol addiction, had lost hope and was facing a variety of court appearances for crimes committed under the influence.

Our intervention bridged the gap to a youth-focused program, providing the foundation for his recovery journey. We were also able to refer Alex to a specialist organisation that addressed his housing situation and found him suitable accommodation.

Alex has now been clean for eighteen months and is pursuing a degree in social work, determined to give back to the community that supported him.

Mark's Renewed Hope

Mark, an ex-serviceman battling PTSD and polydrug addiction, felt isolated and without direction. He found that most community-based recovery groups he was referred to were not suitable for him, and was struggling to find something he could connect with.

Our advocacy efforts secured him a spot in a specialised music support group service, which, alongside attendance at online SMART Recovery meetings, has helped address both his mental health and addiction.

Mark is now a volunteer peer supporter, using his experience to inspire and support others in similar situations.

John's Recovery Journey

John, a 35-year-old with a decade long opioid and benzo addiction, reached out to our advocacy service, feeling lost in a cycle of substance use and despair.

Our team helped him navigate the complex treatment landscape and secure him a place in a reputable rehab program, which was initially funded for three months but extended to six months.

This year, John celebrated two years of sobriety and during that time he has rekindled family relationships, and is studying a subject at college that he loves.



THE 2024 UK RECOVERY WALK AND FESTIVAL

The venue for this years UK Recovery Walk is the iconic Crystal Palace Bowl within Crystal Palace Park.

Details on how to get to the park are on the next pages and once you arrive at the park, volunteers will guide you to the meeting point.

We will meet from 11am with the walk commencing at 12pm.

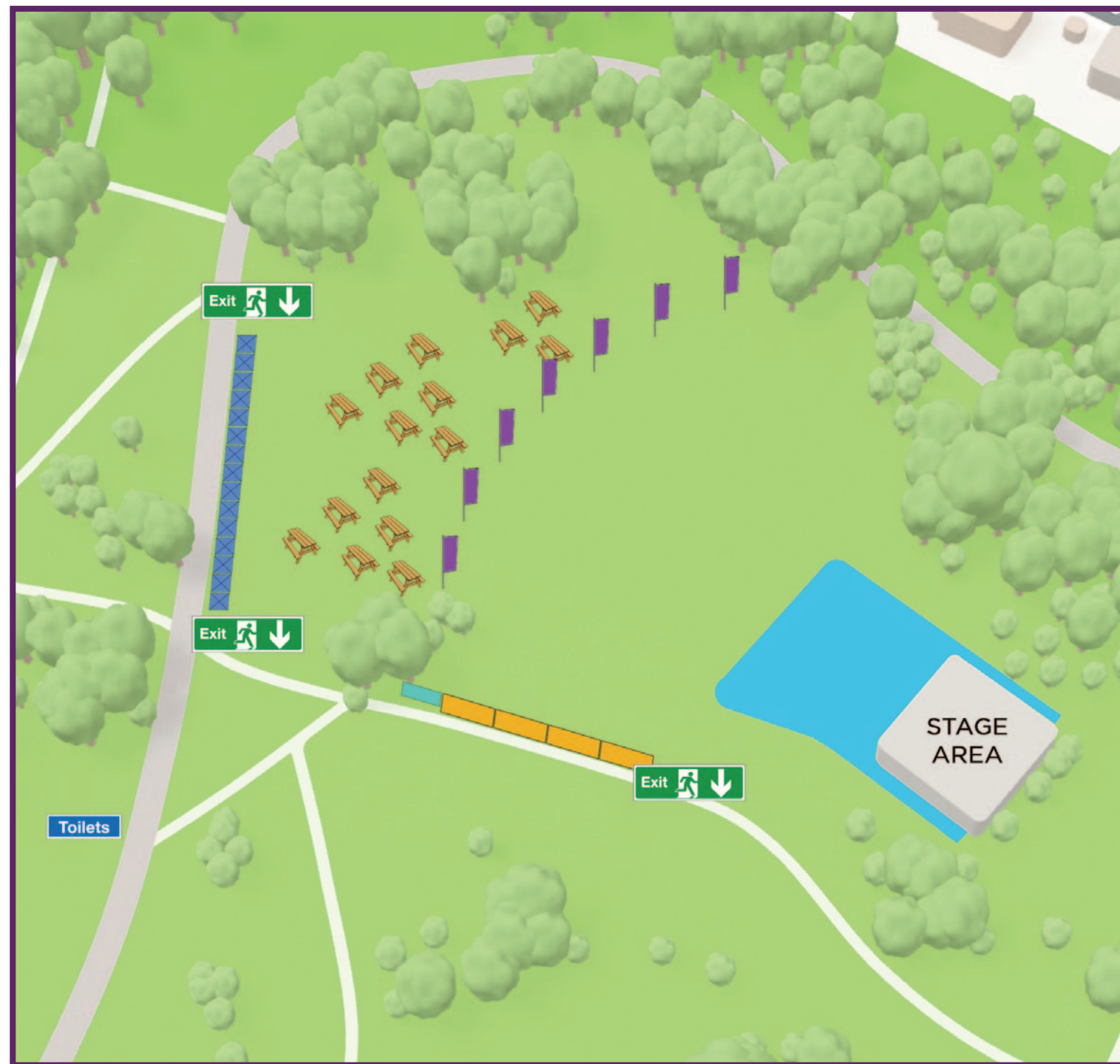
UK Recovery Walk Festival Village



-  Food Vendors
-  Recovery Stalls
-  Drinks Tent
-  Peer Support Tent
-  Performance / Kids Tents

PEER SUPPORT TENT MEETING TIMES

12.15pm - 1.00pm: **Families Anonymous**
 1.15pm - 2.00pm: **Cocaine Anonymous**
 2.15pm - 3.00pm: **Alcoholics Anonymous**
 3.15pm - 4.00pm: **Narcotics Anonymous**
 4.15pm - 5.00pm: **SMART Recovery**





Travelling to Crystal Palace Park

By Train
Crystal Palace Park is just a short walk from Crystal Palace Station or Penge West Station, both of which are on the Overground Line. View Southern Railway's Plan Your Journey and TFL's Journey Planner for more information. A travel card for Zones 1-4 which covers the above named stations costs around £12 for unlimited travel.

By Car
There are four car parks within the park, accessible via the Thicket Road, Anerley Hill and Crystal Palace Park Road entrances. For more information visit <https://www.crystalpalaceparktrust.org/pages/car-parking>.

By Bus
There are eight buses that travel past Crystal Palace Park. Details can be found at <https://tfl.gov.uk/modes/buses/>. A one day bus pass costs around £6 but please allow plenty of time for your journey.

By Plane
The most convenient airport to fly to is London City, but flights are expensive. A cheaper alternative would be to fly into London Heathrow and catch the tube to Crystal Palace. You will then need to catch the tube / overground to Crystal Palace Park.

By Coach
You can ravel by coach to Victoria Coach Station and then catch a train to Crystal Palace Station which takes around 30 minutes.

Accommodation
There are several accommodation options in London starting from as little as £50 based on two people sharing. Due to London's great transport links, you don't really need to worry about staying close to Crystal Palace Park as most accommodation to the west of Euston and Kings Cross Station means you are only 45 minutes away.



Your Walk Route

- Full UK Recovery Walk (approx 1hr 10 mins)
- Accessible UK Recovery Walk (approx 25 mins)

Meet Your Host

Liam Withnail

Liam Withnail is an Edinburgh based stand-up comedian, Scottish Comedy Award winner and resident MC at the Monkey Barrel.

Liam, who is in recovery himself, has over 10million TikTok/Instagram views and hosts popular podcast Enjoy an Album, alongside Christopher Macarthur-Boyd, which was nominated for Best Podcast at the Chortle Awards 2024.

His 2023 Edinburgh Fringe show 'Chronic Boom' was a sellout success and received widespread critical acclaim, racking up sixteen 4 and 5 star reviews including from The Independent and The Times, making it one of the best reviewed comedy shows of 2023. The show detailed the emotional story of facing up to a chronic illness and reckoning his new reality during a hospital stay. Liam will be taking the show on his debut UK tour in Spring 2024.

Liam's previous Edinburgh Fringe shows have racked up a myriad of rave reviews with his 2019 show 'Homecoming' (available on Spotify) winning the Amused Moose Award for Outstanding Show. He has performed at comedy clubs and festivals all over the UK and in Canada, Japan, Iceland and Australia.



STALLS

FAVOR UK	SMART Recovery	Narcotics Anonymous
Veterans Stall / PTSD Resolutions	Turning Point	Alcoholics Anonymous
Bet Know More	v-i-a	Cocaine Anonymous
Nacoa	Change Grow Live	Marijuana Anonymous
Listen Up Project	Humankind	Families Anonymous
Outside Edge Theatre Company	Forward Trust	Living Well Bromley
Hep C Trust	With You	B3 - Brent Service User Council
Intuitive Thinking Skills	Adfam	Bounce Back
CGL 16 - 25	Recovery Coach Academy	

Stalls will be located at the rear of both areas of the Festival Village

PERFORMANCE TIMES

PERFORMANCE STAGE

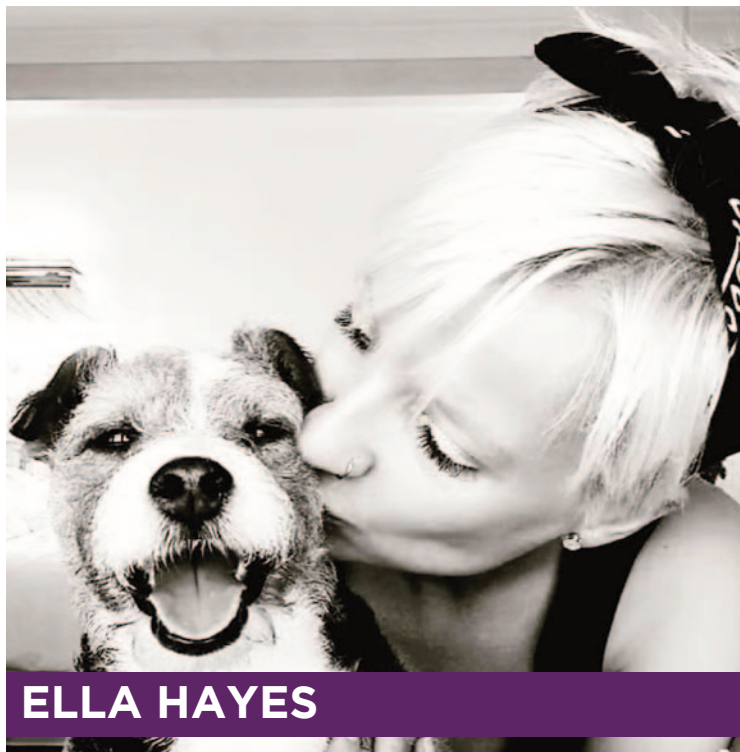
- 12.00pm
DJ Set - Wes Brown
- 12.30pm
DJ Set - Justin Markiewicz
- 1.00pm
CASCADE RECOVERY CHOIR
- 1.35pm
BOYDEE X ODEE
- 2.10pm
ONE MINUTE SILENCE PLUS
CASCADE RECOVERY CHOIR
- 2.30pm
MISHKIN FITZGERALD AND THE
CHEMICAL PERILS
- 3.10pm
USUAL SUSPECTS
- 3.50pm
THE VELVETEEN ORKESTRA
- 4.30pm
DAFFODILDOS
- 5.10pm
HANNAH PIRANHA

RUSTY LAPTOP TENT

- 12.00pm
ADELAIDE MACKENZIE
- 12.40pm
ANYA MANNION
- 1.20pm
JIM SMITH - RECOVERY TODAY
- 2.00pm
ISRAEL STONE
- 2.40pm
SHINE CHOIR
- 3.20pm
MOOKIE
- 4.00pm
EVIE
- 4.40pm
ELLA HAYES
- 5.20pm
PZ49

PLEASE NOTE THAT PERFORMANCE TIMES ARE SUBJECT TO CHANGE

CHECK OUT OUR PERFORMER BIOS ON THE NEXT PAGES



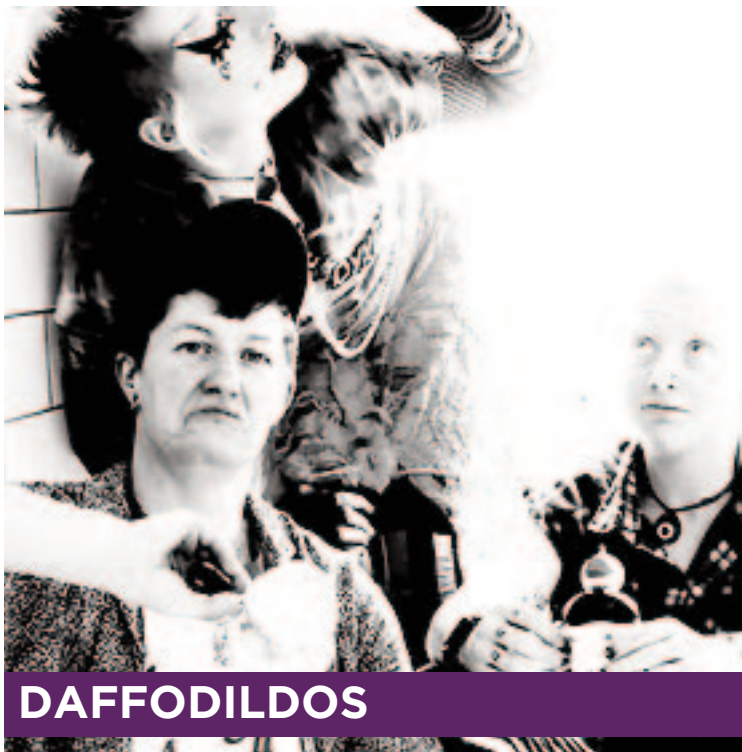
ELLA HAYES

Ella Hayes was born in East London to a musical family and went to her Dad's gigs from an early age, singing and performing were just bred into her. At just 6 years old Ella taught herself to play guitar and wrote her first song.

Growing up she faced many challenges and, in her late teens, began to battle with addiction.

Ella fought hard to live a normal life and managed to function for many years until it finally brought her to her knees. She lost everything and became homeless. By the grace of a higher power, Ella finally found recovery.

Today Ella's life is very different. she is happy, clean and sober, and has a life beyond her wildest dreams.



DAFFODILDOS

On a three-person mission to disrupt your cis-het-patriarchal normality and make you question everything you think you know about 21st-century life, Daffodildos is as much a battle cry as a band!

Formed, by front person Emily Flea, formerly of The Fleas in 2021, and Captain Jax of No See Ums, the duo began writing about the issues that mattered to their community most and started making a big noise together immediately.

Having already known each other for several years and sharing a similar ethos, they contacted drummer Anni Von Flange, formerly of Boot Sale/Vanilla Giver, and cemented the Daffodildos line-up. The trio of neuro-diverse queer punks write about a variety of social issues such as animal rights, queer liberation, and oppression within the punk scene.



THE VELVETEEN ORKESTRA

The Velveteen Orkestra (yes - that's how its spelled) are a ragged-trousered rock and roll orchestra conceived in a leaky, shadow-veiled district of South London.

Bellowing out from underneath the grey brutalist tower blocks named in honour of romantic poets is a sound that is both savage, yet elegant... animal, yet noble... honest, yet fantastical.



HANA PIRANHA

Hana Maria, the daughter of a Catholic priest, was born during a hurricane; a prophetic beginning to the diary that's exposed in her turbulent and often disturbing songwriting. The singer and multi-instrumentalist grew up in Wellington, New Zealand, moving to England at the age of twelve to pursue her dream of becoming a concert violinist.

Disillusioned with the world of classical music, she began pushing boundaries both in art and in life - the two becoming so intertwined that it became hard to know where one began and the other ended. To Hana Piranha, life is nothing but an opportunity to create art, which is why she opens her diary so candidly to the world. The journey documented by the music of Hana Piranha has been an eventful one so far and holds the promise of many more twists and turns to come. You get the feeling that around her, anything could happen!



MISHKIN FITZGERALD

Mishkin Fitzgerald is best known for her role as lead singer and pianist in the British Rock band, Birdeatsbaby. However, as a solo performer, she plays darkly tinged-piano ballads and melancholic alt-pop tunes.

The daughter of a church minister and a maths teacher, the young singer was influenced heavily by classical piano music, opera, and the music introduced to her by her Jewish Grandmother. Later alternative artists such as Nick Cave, Patti Smith and Kate Bush helped Mishkin develop her own unique sound that is distinctive, fragile, and unapologetic.

Mishkin Fitzgerald & The Chemical Perils are an alternative mix of klezmer folk, punk, and rock. With the release of 'Graces Cradle' in 2022, Mishkin and company are now taking to stages UK wide.



CASCADE RECOVERY CHOIR

Cascade Recovery Choir is 10 years old this year. Started as part of Cascade Creative Recovery's holistic approach to community based recovery, it is one of the many creative, wellbeing and support activities the charity delivers.

CCR is the legacy of the 2012 UK Recovery walk and based in Brighton and we are delighted to be able to welcome them to the UK Recovery Walk once again.



USUAL SUSPECTS

Usual Suspects are a UK based music group known for their dynamic blend of rap, hip-hop, R&B and garage. With a sound that's both edgy and soulful, this group has been making waves in the underground music scene. Their lyrics are raw and honest, and their beats are infectious.

If you're looking for music that's fresh, authentic and unapologetic, then Usual Suspects is the group for you.



BOYDEE X ODEE

BOYDEE X ODEE are a duo with more than similar sounding names. When they connected with each other on social media they had no idea that they shared a mutual friend, until that friend brought them together. Odee doesn't believe this to be a coincidence.

In the past 8 months, the duo have made tremendous progress, performing in Devon, Manchester, and have gigs overseas lined up for later in the year! While Odee is on a personal journey of recovery, it's incredible to see how their collaboration has positively impacted Boydee's journey too.

Odee's focus is on using their music to help as many people as possible, while Boydee's drive stems from supporting his family. Together, they aim to reach new heights and bring you all some great entertainment!

Introducing our Performance Tent Acts

MOOKIE

Blending folk with spiritual metaphors, Mookie is a Singer Songwriter who grew up in a small village in the Midlands. A lot of her inspiration comes from her upbringing surrounded by nature, but also wisdom she has picked up over the years from many enlightening experiences and interactions.

Taking inspiration from bands like First Aid Kit, Mumford and Sons and Adrianne Lenker, her aim for her music is share love and light through her healing, heartfelt lyrics.

ALICIA HOSER

Alicia Hoser is a documentary practitioner who works with community collaborative films giving voice and autonomy to as many communities as possible.

ANYA

Anya writes poetry about mental health, disability, LGBT+ issues, love, loss and more. Anya is currently trying to self fund her book and is looking forward to the exposure that UKRW2024 will provide her to perform her poetry.

EVE

Eve is a singer/ songwriter from Hastings, I write music about a variety of topics including mental health, insomnia and world events told under allegories.

Eve likes to build up vocal layers onstage and use effects pedals with her bass to create interesting tones.

JIM SMITH

Jim Smith is a musician, voice-over artist and former social worker, who has been in recovery from addiction for 46-years.

For the last 20 years, Jim has been visiting rehabs, prisons, recovery communities and drug and alcohol services, talking about his own lived experience of addiction and recovery, using a unique and motivational presentation.

A combination of narration and music, Jim has developed his 'Discursive Music Therapy' over the last two decades, with the primary aim of connecting with people in early recovery, and motivating them in their ongoing recovery journeys.

ADELAIDE MACKENZIE

South London born and bred. Adelaide Mackenzie, born to Jamaican parents grew up to Reggae & Soul music and was strongly influenced by this genre of music from a young age. Her mum recognised her ability to sing and sent her to a vocal trainer where she sang with the London Jazz Orchestra. She later went on to join The Brit School of performing arts also attended by music successes such as Adele, Leona Lewis, Amy Winehouse, Floetry and Jesse J as well as many others too.

Her voice has opened doors for her, allowing her to open up for world famous artists including Alexander O'Neil, Aswad, Frankie Beverley & Maze and the Inspirational and motivational speaker & Oprah Winfrey Network host "Iyanla Vanzant". She also supported Jazzie B of Soul2Soul at the grand opening of the Olympics 2012.



SCAN TO FIND A SERVICE NEAR YOU



BE PART OF THE
RECOVERY
REVOLUTION

Turning Point are here to support you make positive changes around drugs and alcohol with no cost to you.

Frequently Asked Questions

Do I need a ticket?

It is a free non ticketed event, no ticket needed.

Is there an age limit?

All ages are welcome.

Is the walk accessible for all abilities?

There is an option of two walking routes, one which is fully accessible and suitable for all abilities on a tarmac path. Approx 20 mins to complete. The other is the longer route of around 1.5 miles which is along various undulating pathways of tarmac and grass within the park. Duration of around 1 - 1.25 hours. Each route will be clearly marked.

What are the timings of the day?

Arrive at 11am. The walk will start at 12 midday. Returning to the Recovery village at 1-1.30pm. Performances and entertainment will continue until 6pm.

Where is the Recovery Walk Festival in the park?

The RW will be across two sites. The iconic Bowl area is where we have the main stage performances, and the Recovery Village with market stalls, and food vendors. The other area is the Terraced area which is close by which will host a performance marquee, peer support marquee and childrens area.

Are dogs allowed at the event?

Well behaved dogs are allowed as long as they are kept on leads.

Is there a childrens area?

Yes, there is a designated childrens area. There will be a bouncy castle, face painting, childrens workshops etc.

What will be going on in the Peer Support Tent?

There will be 4 open meetings of fellowships and SMART recovery.

What stalls will be there at the event?

We will have a range of service providers and grassroot organisations hosting stalls. A full list is in this brochure.

Are there any prohibited items?

Alcohol, Glass containers, Potential harmful fluids, Weapons - bladed or pointed, Laser pens, Non-prescription drugs, including the previously described 'legal highs', Nitrous oxide, Professional photography or recording equipment, sound systems, Fireworks/Flares/Laser candlelights, Gas canisters, portable BBQ's, Sparklers, Any other type of explosive, Aerosols, gas canisters or air horns, Drones, Gazebos

Is there a programme of the event?

You are reading it.

Will there be food and water available?

There will be a food market with diverse selection of local street vendors, please note you are able to bring your own food into the event. No glass though. There will be water stand pipes across the site to refill water bottles.

Will there be stewards at the event?

Yes, there will be stewards to direct people and offer support.

What if I get injured or lose someone I am attending with?

There will be a designated medical tent on site, we recommend if you lose someone you are with on the day to meet here.

How many people will be there?

Last year the walk was held in Hull and around 3000 people attended. This year being in London we expect many more.



Are you interested in hosting the UK Recovery Walk in 2025?

If so, please submit an expression of interest by
30 September 2024.

**Final bid applications must be received by
30 November 2024**

**More information including the bid specification document
is available by visiting**

www.facesandvoicesofrecoveryuk.org/ukrw2025



Download a copy
of this brochure by
scanning this code.



Faces and Voices of Recovery UK and the UKRW2024 Steering Committee would like to thank Crystal Palace Park Trust and Proud Events for their enormous contribution to making the UK Recovery Walk and Festival 2024 a huge success.

We hope you have had a wonderful day and
look forward to seeing you next year.

Please help our clean up process to be as easy as possible by
placing your litter in the bins provided.